



## Trail Mix Porridge

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 tablespoons bulgur (or #2)
- 6 tablespoons grits (or hominy)
- 1.5 cups cranberries fresh chopped
- 0.5 teaspoon ground cinnamon
- 0.8 cup brown sugar light packed
- 6 tablespoons maple syrup
- 6 tablespoons millet
- 0.8 cup quick-cooking barley

- 0.3 teaspoon salt
- 0.5 cup walnut pieces toasted
- 6 cups water

## Equipment

- food processor
- frying pan
- oven
- ziploc bags
- slow cooker

## Directions

- Stir all the ingredients in a slow cooker until the maple syrup has dissolved and all the grains are moistened. Cover and cook on low for 6 hours, or until the porridge is creamy and the grains are tender.
  - Ingredients for a 2- to 3 1/2-quart slow cooker: 4 cups water 1 cup chopped fresh cranberries 1/2 cup pearled barley 1/2 cup packed light brown sugar 1/3 cup walnut pieces, toasted and coarsely ground 1/4 cup medium-ground bulgur (or #2) 1/4 cup corn (or hominy) grits 1/4 cup millet 1/4 cup maple syrup 1/2 teaspoon ground cinnamon 1/4 teaspoon salt
  - Ingredients for a 6- to 8-quart slow cooker: 8 cups water 2 cups chopped fresh cranberries 1 cup pearled barley 1 cup packed light brown sugar 2/3 cup walnut pieces, toasted and coarsely ground 1/2 cup medium-ground bulgur (or #2) 1/2 cup corn (or hominy) grits 1/2 cup millet 1/2 cup maple syrup 1 teaspoon ground cinnamon 1/2 teaspoon salt
- TESTERS' NOTES • For more whole-grain goodness, use whole-grain corn grits, a specialty item not always available in supermarkets but certainly offered by online suppliers. They'll give a much more intense, sweet, even earthy corn taste to the cereal. • Fresh cranberries are not necessarily available year-round. When you see them in the supermarket around the holidays, buy a few extra bags and toss them into the freezer. There's no need to thaw the cranberries before using them in a cooking or baking recipe. ALL-AMERICAN KNOW-HOW Grind walnuts in a food processor fitted with the chopping blade, pulsing repeatedly until the consistency is a little coarser than sand, but with no chunks in the mix. For more flavor, first toast the walnuts in a dry skillet over medium heat for about 4 minutes, then cool for 30 minutes before grinding. Save any leftover nuts in a zip-sealed plastic bag in the freezer to add to cookie and bread batters, or to coatings for pan-fried or oven-fried fish or chicken. INGREDIENTS EXPLAINED

Millet is the smallest grain available in the modern supermarket—tiny little yellow specks that can turn into a pain in the neck if you spill the bag. Unless otherwise specified, use whole millet, not finely ground millet grits. Because millet goes rancid quickly at room temperature, store it in a well-sealed bag in the freezer for up to 5 months. But always smell it first. It should smell grassy and sweet, not bitter or acrid.

## Nutrition Facts

 PROTEIN 7.04%  FAT 14.3%  CARBS 78.66%

### Properties

Glycemic Index:37.42, Glycemic Load:16.76, Inflammation Score:-5, Nutrition Score:15.116087040176%

### Flavonoids

Cyanidin: 11.87mg, Cyanidin: 11.87mg, Cyanidin: 11.87mg, Cyanidin: 11.87mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

### Nutrients (% of daily need)

Calories: 465.74kcal (23.29%), Fat: 7.62g (11.73%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 94.3g (31.43%), Net Carbohydrates: 84.64g (30.78%), Sugar: 40.31g (44.79%), Cholesterol: 0mg (0%), Sodium: 124.54mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Manganese: 1.96mg (98.15%), Fiber: 9.66g (38.66%), Copper: 0.49mg (24.67%), Magnesium: 89.61mg (22.4%), Vitamin B2: 0.37mg (21.53%), Phosphorus: 186.74mg (18.67%), Selenium: 12.7µg (18.15%), Vitamin B3: 2.91mg (14.54%), Vitamin B1: 0.21mg (13.79%), Vitamin B6: 0.27mg (13.26%), Iron: 2.11mg (11.71%), Zinc: 1.61mg (10.71%), Potassium: 318.47mg (9.1%), Folate: 32.9µg (8.23%), Calcium: 78.82mg (7.88%), Vitamin B5: 0.57mg (5.65%), Vitamin C: 3.63mg (4.4%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.56µg (2.44%)